



Senior NEWS

301-258-6380

June 2007



The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.



Senior Wild West Picnic

at Smokey Glen Farm
16407 Riffleford Rd.
Gaithersburg

Tuesday, June 19
10 a.m. - 3 p.m.

BBQ chicken & ribs buffet
11:30 a.m. - 1:30 p.m.

Vegetarians may order veggie-burgers only.

Partner:
Rockville Senior Center

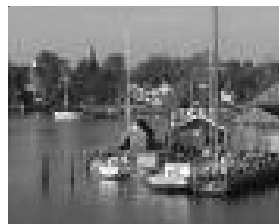
Come early for horseshoes, mini-golf, volleyball, games and contests! Stay until 3 p.m. and dance off the big meal.

Please sign up early! Bus transportation from the Center is provided between 10:15 a.m. and 2 p.m. Maps and plenty of parking is available for drivers.

Deadline: Tuesday, June 12

Cost: \$14

Cowboy attire suggested.
Bandanas provided.



Trip to Historic Chesapeake Bay Seaport: St. Michaels, MD

Monday, June 11

Depart: 8 a.m. Return: 6 p.m.

Fee: \$36 (includes transportation by motor coach and entrance to museum)

Deadline: June 5 (Please sign up right away so this trip can go. We need 40 people)

Our first stop is the Chesapeake Bay Maritime Museum where we'll explore boats, buildings, wharfs and lighthouses to see ship-building exhibits; learn about crabbing, eel pots, oyster tongs, water fowl and the history of the Bay. At noon we'll go to St. Michaels Crab House right on the harbor and choose from the menu and **pay in cash. Lots of walking!**

After lunch you can step right out the door for a sight-seeing boat ride (\$9) or just meander through the charming streets dating back to colonial times. Walking tour maps provided. Meet at the drop off point at 3:30 p.m.

Minimum: 40

Maximum: 56

Mark Your Calendar

JULY 1

"Dames at Sea" at Montgomery College

JULY 11

Ice Cream Social

JULY 13

Baltimore Trip: Ride the Ducks/
Walters Museum

JULY 18

"Godspell" at Olney Theatre
Lunch-Inn of Brookeville Farm

SEPTEMBER 5

"Titanic" at Toby's

SEPTEMBER 16

Kalorama House & Embassy
Tour

OCT. 1

"Putting on the Ritz" at La
Fountainbleu

DIRECTOR'S UPDATE



Dear Members,

Do you remember when 'time' seemed to pass tediously slow? When waiting for our birthday to arrive, a special holiday, the end of the school year and the start of summer vacation seemed to take forever?

As we grow older, this certainly changes. Time not only passes more quickly, but it becomes more valuable to us. It is hard to get everything done that we need to do, and even harder to fit in the things we want to do. And all of us at some time or another have been 'caught up in the moment' and lost track of time. Don't feel bad, you have a lot of company.

I dislike the word 'rule' because it implies forced compliance, so I am choosing to refer to 'agreements' we have at the Senior Center with our members in reference to time. We ask for you to agree to:

1. renew your membership promptly upon receiving your packet if you are planning to use the Senior Center facility or participate in its programs
2. adhere to the stated time to meet back up with the group when participating on a trip.
3. arrive for an exercise class on time or before warm-up has ended (bus schedule permitting)

And lastly, a space may be frequently dedicated to a specific group during the time the group meets. But the space does not belong to any group exclusively. Occasionally, there will be a time that a group may be asked to be moved. Please know that the staff never wants to inconvenience anyone. We ask for your support and understanding so that everyone can participate in their chosen activity.

Thank you!

Grace

Join us for these informative lectures!

"What Is GPS, and How Does It Work?"

By Dr. Muneendra Kumar
Friday, June 15 at 11 a.m.

Learn about the Global Positioning System, widely used to aid navigation, and how it can be of particular help to seniors.

Verimmed Microchip Lecture

By Lisa Kristiansen
Fri., June 8 at 2 p.m.

This FDA approved patient identification system uses an implantable microchip. In the event of an emergency, healthcare professionals are able to obtain vital information - i.e., name, contact information, allergies, various diagnoses, medication and the like, from a secure database.

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

The Senior News is Online!

You can now read the
Senior News online.
Visit the City site:
www.gaithersburgmd.gov

WELLNESS PROGRAMS

"Lean for Life"

(A Weight Management Seminar)
By Dr. Rifkin

Tuesday, June 26 at 1 p.m.

Two thirds of Americans are obese leading to 500,000 deaths yearly. Dr. Rifkin will discuss "dieting myths" that lead to weight gain, and what we can do to burn fat and keep weight off permanently.

Acupuncture for Seniors

By Lisa Marie Price,
L.Ac., Dipl.Ac.

Wed., June 20 at 12:45 p.m.

According to the World Health Organization acupuncture is effective at treating all sorts of illnesses and lessening symptoms such as pain without interfering with your current medications, and it's relaxing and energizing at the same time!

The Nurse Is In!

Fridays

9 a.m. - 3 p.m.



Sign up that day at the front desk for HeartWell patients. Blood Pressure screening from 1-2 p.m. only.

You can meet with the nurse.

Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Date: Wed., June 27

Time: 10:30 a.m. – noon

Current Events

Thursdays at 11 a.m.

Politics, popculture, the environment, modern lifestyles...share your thoughts and hopes with fellow world observers.

Caregivers

Support Group

**1st & 3rd Tuesday of the Month
2 p.m.**

Facilitated by Social Worker Maggie Wesley, the meetings provide help to people of all ages who are caring for spouses, parents, siblings, or friends who are ill. Get the care and support you deserve.

Meditation

Wednesdays

**JUNE 6, 13, 20 & 27
11 a.m.**

Donations Needed:

Olympia needs **YARN** to be made into blankets.

JUNE '07 Activities with Gaithersburg Chapter #5358 of AARP

Tuesday, June 12

4 - 8 p.m. Monthly Meeting

4 p.m. Variety Games: Come play canasta, bridge, Mah Jongg, Scrabble, Yatzee, Pool, etc. (FREE)

5:30 p.m. Pot Luck Supper. (**Bring food** - tell us what - **or pay \$6** for the chapter to provide).

6:10 p.m. Participate in our brief business meeting.

6:40 p.m. Program (FREE): Darrin Brown, AARP legislative liaison, will speak on AARP's legislative accomplishments and continuing needs and priorities for seniors. Come with your questions and concerns.

Registration for program and dinner payment is required by 2 p.m. on Monday, June 11.

THANK YOU: May was a huge Community Service Success for our Chapter thanks to so many of you.

Thanks to all who helped make corsages, flower arrangements and wrapped gifts. Our gifts were received with joy at the nursing homes. Thanks to the volunteers who joined with AARP Maryland and Rebuilding Together to repair and renovate homes of three low income seniors. Your efforts were greatly appreciated. Thanks to all who donated and/or purchased items and who helped set up, sell, and clean up at our Spring Gift and Craft Bazaar. You do have the power to make a difference!

CHAPTER TOUR GROUP:

Annual AARP Life @50+ Annual Meetings in Boston: Sept 4 – 9.

Alaska Cruise and Tour: July 19 – 30 on Celebrity Cruise and Tour.

For information on trips contact Annette Thompson.

Members of the Senior Center are invited to join in our trips and service projects and to attend any or all parts of our monthly Tuesday meetings which are held at the Gaithersburg Senior Center. You are welcome to register a friend for any activity. We can help with rides to meetings. Pay by cash or check at the Senior Center or mail check (made payable to Gaithersburg Chapter #5358 of AARP) by to 17605 Parkridge Dr., Gaithersburg, MD 20878. For more information on meetings, trips, or community service activities, contact Annette by phone at 301-977-7936 or e-mail annettethompsonphd@yahoo.com

ACTIVITIES AND CLASSES AT THE CENTER

June Birthdays

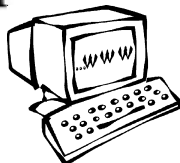
- 1 Hamida Bashir
- 2 Isador Bronstein
- 3 Shakiratu Shonibare
- 4 Hazel Krouse
- 6 Marian Jenkins
- 6 Annie Tse Yu
- 7 Ruth Law
- 7 Jane Nugent
- 9 Charles Brady
- 11 Gil Ja Kim
- 12 Margaret Simmons
- 13 Dorothy Betcher
- 13 Bonnie Keller
- 13 Rafael Medina
- 13 Denise Phillips
- 13 Martha Ouattara
- 13 David Ross
- 14 Madelyn Berkeley
- 15 Om Arora
- 15 Harriet Maier
- 17 Sy Harnik
- 18 Phyllis Henderson
- 19 Dolores Edwards
- 21 Mary Barker-Wein
- 24 Lena Baisi
- 25 Anna Fraker
- 26 Fran Higgins
- 27 Rina Lee
- 27 Annabel Liebelt
- 27 Lydia Maysonet
- 27 Jeanette Ryba
- 29 Lilly Williams

Celebrate June 25

Singing Seniors

Meet Wednesday
June 6 and 13 at 11 a.m.
Newcomers are welcome.

Computer Classes



Free

TUESDAYS & FRIDAY

10 a.m. – noon (one hour sessions)

Bruce Longyear offers personal attention for beginners or experienced individuals with questions.

Sign up at the front desk for these classes.

Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.

"Winterpast" Reading

By Claire LaFleur

Fri., June 22 at 1 p.m.

A young poet reads from her new book.



Yoga Adapted for Seniors

Dates: Tuesdays, June 26 - Aug. 7 (7 sessions)

Time: 11 a.m. **Fee:** \$28

Yoga poses and sequences in this class can be done on mats, seated or standing next to chairs. They increase your range of motion, improve your posture and help you gain better balance.

Minimum: 10 **Maximum:** 25

Crafts for Children's Inn at NIH

Tuesday, June 12

12:30 p.m.

Make crafts for children undergoing medical treatment at NIH. You don't have to be artistic, just willing to follow Madeline Britnell's instructions.

Core & More

Free

Mondays and Fridays
3 p.m.

Strength, endurance and flexibility training by Grace Whipple geared toward the active older adult.

THANK YOU

to everyone who donated, priced, purchased, and manned the tables at the Spring Bazaar.



Piano Bar Jazz

by John Gurnsey

Mon., June 18

12:45 p.m.

(after the Father's Day luncheon)

CLASSES

* **Late joiners are welcome!**

Ballroom Dancing

Beginning

Dates: Tuesdays, June 12, July 10, 24 & 31

Time: 3 p.m.

Fee: \$20 (four sessions)

◆ For the beginner who has no ballroom dance experience.

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14

Intermediate

Dates: Tuesdays, June 12, July 10, 24 & 31

Time: 2 p.m.

Fee: \$20 (four sessions)

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14

Ballet for Seniors

Dates: Wednesdays, July 11 – Aug. 1 (four sessions)

Time: 1 p.m.

Fee: \$20

Instructor Yoko Glick has taught various levels and abilities for many years.

Minimum: 8 **Maximum:** 12

Intermediate Pottery

Dates: Wednesdays, June 13 - Aug. 8 (eight sessions)

Time: 10 a.m.

Fee: \$8

Hand-building is taught by Margo Borg for members who have experience working with clay.

Minimum: 6 **Maximum:** 8

No class on Wed., June 4

Beginning English

Dates: Tuesdays

Time: 11 a.m.

Instructor Lisa Bonvillain will help those with a desire to learn English.

Minimum: 10 **Maximum:** 20

Level Two English

Dates: Tuesdays

Time: 12:30 p.m.

Grammar and conversation help for those ready to advance to intermediate English.

NEW



Embroider with Jane

Mondays at 2 p.m.

Free help with your project.

Knitters & Cross-Stitchers!

Tuesdays at 9 a.m.

Quilting Work Session-

Friday

1 p.m.

Bring your own materials and equipment. Share experience and ideas.

"Ritmo Latino"

Thursdays at 11 a.m.

Move with Olympia Huff to Latin rhythms.

Learn to Play MAH JONGG

Dates: Fridays, June 1 - 29

(five sessions)

Time: 10:30 a.m.

Bobby Rosenfeld will explain how this game of tiles is played.

Maximum: 4

On Tuesdays and Thursdays

Longevity Stick (at 8:30 a.m.)

and **Energize** (at 9 a.m.) will meet

at the Senior Center beginning on June 21.

The following classes are sponsored by the J.B. and Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program.

WEIGHT TRAINING



Dates: Wednesdays, April 4 - June 27

Time: 1 p.m.

Fee: \$12 (twelve sessions)

Matt Rundell, a certified personal trainer, will help you become stronger through the use of hand-weights.

Minimum: 10

Maximum: 20

STABILITY BALL



Dates: Thursdays, April 5 - June 21

Time: 10:30 - 11:30 a.m.

Fee: \$12 (12 sessions)

Matt Rundell will show you many ways to use the ball to strengthen your core muscles.

On June 21 meet at the Senior Center.



The Gaithersburg Upcounty Senior Center

JUNE 2007

www.gaithersburgmd.gov



Gaithersburg

301-258-6380

Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

OFF SITE CLASSES

TUESDAY

WATERCOLOR

Ongoing 9:30 a.m.
Youth Center at
Robertson Park

TUES/THU

TAI CHI

Returning in Fall
Activity Center at
Bohrer Park

TUES/THU

LONGEVITY STICK

Returning in Fall
Activity Center at
Bohrer Park

TUES/THU

ENERGIZE

Returning in Fall
Activity Center at
Bohrer Park

1

9am Exercise
10am Exercise
10 am Computer Help
10:30am Watercolor
10:30am Learn Mah
Jongg
12:50pm Bingo
1pm Quilting
3pm Core and More

2

3

4

9am Exercise
10am Exercise
11am Step 2 Music
12:30pm Mah Jongg
12:45pm Senior Council
12:50pm Bingo
2pm Book Club
2pm Embroidery
3pm Core and More

5

9am Cross Stitch/Knit
9:30am Poker
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
12:30pm Int. English
12:30pm Bridge
1pm Mah Jongg

6

9am Exercise
10am Exercise
10am Int. Pottery
11am Step 2 Music
11am Meditation
11am Singing Seniors
12:45pm Music and
Memories of WWII
1pm Weight Training
1pm Crochet
1pm Caregivers

7

9:30am Poker
10am Chair Exercise
10am Stability Ball
11am Internet
11am Stroke Support
11am Current Events
11am Ritmo Latino
12:30pm Bridge

Celebrate
SPAIN

8

9am Exercise
10am Exercise
10 am Computer Help
10:30am Watercolor
10:30am Learn Mah
Jongg
12:50pm Bingo
1pm Quilting
2pm Verimed
Microchip Lecture
3pm Core and More

Nurse is In
9 a.m. - 3:00 p.m.

9

10**11**

9am Exercise
 10am Exercise
 11am Step 2 Music
 12:30pm Mah Jongg
 12:30pm Internal Light
 12:50pm Bingo
 2pm Embroidery
 3pm Core and More

*Trip to Historic
 St. Michaels*

12**AARP**

9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Bridge
 12:30pm Int. English
 12:30pm Children's Inn
 1pm Mah Jongg
 2pm Int. Ballroom
 2pm Caregivers
 3pm Beg. Ballroom

13

9am Exercise
 10am Exercise
 10am Int. Pottery
 11am Step 2 Music
 11am Singing Seniors
 11am Meditation
 1pm Crochet
 1pm Weight Training

*Trip to Sewell
 Belmont House &
 Museum*

14

9:30am Poker
 10am Chair Exercise
 10am Stability Ball
 11am Ritmo Latino
 11am Stroke Support
 11am Current Events
 12:30pm Bridge
 12:45pm Hispanic Book
 Club

15

9am Exercise
 10am Exercise
 10am Computer Help
 10:30am Watercolor
 10:30am Learn Mah
 Jongg
 11am "What is GPS"
 Lecture
 12:50pm Bingo
 3pm Core and More

Quilting trip to Mt. Airy

*Nurse is In
 9 a.m. - 3:00 p.m.*

16**17**

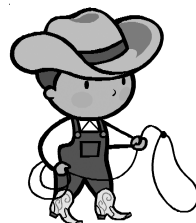
*Father's
 Day*

18

9am Exercise
 10am Exercise
 11am Step 2 Music
 12pm John Guernsey
 performs
 12:30pm Mah Jongg
 12:50pm Bingo
 2pm Embroidery
 3pm Core and More

19

12:30pm Bridge



Senior Wild West Picnic
at Smokey Glen Farm
 10 am - 3 pm

20

9am Exercise
 10am Exercise
 10am Int. Pottery
 11am Step 2 Music
 11am Meditation
 12:45pm Acupuncture
 Lecture
 1pm Crochet
 1pm Weight Training
 2pm Caregivers

21

8:30am Longevity Stick
 9am Energize
 9:30am Poker
 10am Chair Exercise
 10am Stability Ball
 11am Ritmo Latino
 11am Stroke Support
 11am Current Events
 12:30pm Bridge
 12:45pm Hispanic Book
 Club

*Lunch Bunch to
 Clyde's Tower Oaks*

22

9am Exercise
 10am Exercise
 10am Computer Help
 10:30am Watercolor
 10:30am Learn Mah
 Jongg
 12:50pm Bingo
 1pm Quilting
 1pm "Winterpast"
 Poetry Reading
 3pm Core and More

*Nurse is In
 9 a.m. - 3:00 p.m.*

23**24****25**

9am Exercise
 10am Exercise
 11am Step 2 Music
 11am Genealogy
 12:30pm Mah Jongg
 12:30pm Internal Light
 12:50pm Bingo
 2pm Embroidery
 3pm Core and More

*Birthday
 Celebration*

**26**

8:30am Longevity
 Stick
 9am Energize
 9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Int. English
 12:30pm Bridge
 1pm Mah Jongg
 1pm "Lean for Life"
 lecture

27

9am Exercise
 10am Exercise
 10am Int. Pottery
 10:30am Blood Pressure
 11am Meditation
 11am Step 2 Music
 1pm Weight Training
 1pm Crochet

*Little Shop of
 Horrors
 at Toby's*

28

9:30am Poker
 10am Chair Exercise
 10am Stability Ball
 11am Ritmo Latino
 11am Stroke Support
 11am Current Events
 12:30pm Bridge
 12:45pm Hispanic Book
 Club

29

9am Exercise
 10am Exercise
 10am Computer Help
 10:30am Watercolor
 10:30am Learn Mah
 Jongg
 12:50pm Bingo
 1pm Quilting
 3pm Core and More

*Trip to Smithsonian
 Folklife Festival*

*Nurse is In
 9 a.m. - 3:00 p.m.*

30

ACTIVITIES AND TRIPS

"Dames at Sea" at Montgomery College Summer Dinner Theatre

Date: Sunday, July 1

Depart: 11:45 a.m.

Return: 5 p.m.

Fee: \$36 (includes transportation, show and buffet)

Deadline: Friday, June 22

"Dames At Sea" will charm you with its wide-eyed innocence, as love blooms, taps fly and confusion reigns in this fast paced Busby Berkeley-style Hollywood musical.

Minimum: 20

Maximum: 25



Trip to the National Mall:

Smithsonian Museums and Folklife Festival

Date: Friday, June 29

Depart: 11: 30 a.m.

Return: 5 p.m.

Fee: \$6 (transportation only)

Deadline: Wednesday, June 27

You will be dropped off at the Museum of Natural History with maps of the museum, the folk festival and the National Mall. The Natural History Museum has a café and food court for lunch, 3D Imax films and the Tiffany diamond on view. Those who want can eat at the Folklife Festival. **Please stay in small groups.** The Folklife Festival features exhibits, performances and food from the Mekong River, Northern Ireland, and Roots of Virginia Culture. This trip requires **Lots of Walking**. Meet at the drop-off point at 4 p.m. to return home.

Minimum: 20

Maximum: 33

Trip to Mount Airy for For Quilters and Stitchers

Date: Friday, June 15

Depart: 10 a.m.

Return: 2 p.m.

Fee: \$4 (transportation only)

Visit "Patches Quilting and Sewing Shop". Eat lunch on Main Street. (Pay individually in cash.)

Minimum: 12 **Maximum:** 33

Trip to the Sewall-Belmont House and Museum Lunch at Union Station

Date: Wednesday, June 13

Depart: 9:45 a.m. **Return:** 4 p.m.

Fee: \$12 (includes bus transportation and docent tour)

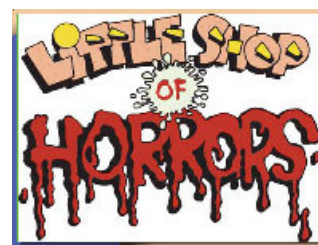
Deadline: Friday, June 8

We're visiting one of the oldest residential properties on Capitol Hill where the womens' movement began. We'll see videos on the Suffragist movement and the Equal Rights

Amendment, also tour the collection of protest signs, cartoons, photos and highlights of important women in history. The period house is on **three levels only accessible by stairs**. Lunch is on your own at Union Station, with a period of time to explore and shop. **Lots of walking.**

Minimum: 20

Maximum: 24



at Toby's Dinner Theatre, Columbia

Date: Wednesday, June 27, 2007

Depart: 9:30 a.m.

Return: 4 p.m.

Fee: \$42 (includes transportation, show, buffet, coffee or tea, and tip)

Deadline: Friday, May 11

(trip cancelled if minimum not met)

This kooky musical takes place on skid row where a down-and-out floral assistant becomes an overnight sensation when he discovers an exotic plant with a mysterious craving for fresh blood.

Minimum: 20 **Maximum:** 33

ACTIVITIES AND TRIPS

Ride the Baltimore Ducks and Visit the Walters Art Museum in Baltimore, MD

Date: Friday, July 13

Depart: 8:30 a.m.

Return: 5 p.m.

Fee: \$29 (includes transportation to Baltimore, ticket for Ducks)

Deadline: Monday, June 18

At 10:30 a.m. the bus-like amphibious vehicles (ducks) embark on an 80 minute sightseeing tour of Baltimore. You'll see Edgar Allen Poe's grave, the Star-Spangled Banner Flag House, USS Constellation, monuments, Little Italy, Fell's Point, Federal Hill, and splash into the Inner Harbor for a spectacular view of the city. Have lunch after the ride on your own in Harborplace and meet the bus at the drop off point at 1:30 p.m. to go to the Walters Art Museum. From 2 – 3:30 p.m. tour of the fine art collection and special exhibitions (Gees Bend). Meet at the drop off point to return home at 3:45 p.m.

Minimum: 20

Maximum: 33



Lunch Bunch

Clyde's Tower Oaks Lodge

Date: Thursday, June 21

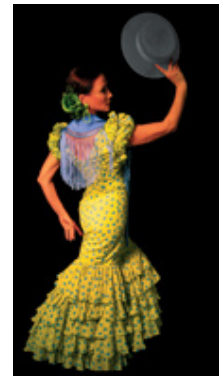
Depart: 11 a.m. **Return:** 1:45 p.m.

Fee: \$4 (transportation only)

Deadline: Monday, June 18

Enjoy fresh foods in a lovely lodge. Order from the menu and **pay in cash**. Register even if you plan to drive yourself for reservation purposes.

Minimum: 15 **Maximum:** 25



CELEBRATE SPAIN!

Thu., June 7

Noon – 2 p.m.

In this diversity program we'll dine on gazpacho, chicken paella, salad, fruit and flan through the Nutrition Program. After lunch we'll see a Flamenco dance demonstration by Ziva's Spanish Dance Ensemble.



"Godspell" at Olney Theatre

Lunch at The Inn at Brookville Farms

Date: Wednesday, July 18

Depart: 9:15 a.m. **Return:** 3:30 p.m.

Fee: \$40 (includes transportation, show, three-course lunch, beverage and tip)

Deadline: Tuesday, July 3

Based on the Gospel according to St. Matthew, *GODSPELL* is one of the most successful musicals in history. It presents a whimsical view of Jesus while telling the story of hope, compassion and forgiveness. The show is at 10:15 a.m. Afterwards we'll eat at an elegant inn. Menu choices are on the program sheet.

Minimum: 20

Maximum: 25

Meet Our Families Hawaiian Ice Cream Social

Wed., July 11

6:30 – 8:30 p.m.

Free!

Get out your floral clothes because we're going to have a "hookie lau" with music, dance, leis, and of course ice cream sundaes. Please use the program sheet to register yourself and your family.

Deadline: Monday, July 9



Music & Memories of World War II

By Woody Seybert

Wed., June 6 at 12:45 p.m.

Listen to songs like "Don't Sit Under the Apple Tree" and "Bluebirds Over the White Cliffs of Dover" as well as the voices of world leaders such as President Roosevelt, Prime Minister Churchill, and General MacArthur.

SUPPORT SERVICES

Maryland Senior Legal Hotline

1-800-896-4213 ext. 7750

Monday, Tuesday, Wednesday and Friday: 9:30 a.m. - 3 p.m.

Thursday: 9:30 a.m. – 1 p.m., 6 – 8 p.m.

For residents of Maryland age 60 or older, this service allows you to talk to a lawyer about public benefits, long term care, neglect, Medicare, access to health care, exploitation, utilities, medical assistance, third-party decision making, landlord/tenant, consumer problems and more.

Caregiver's

Do you have a parent, spouse, friend or adult-child for whom you are the primary caregiver? Maggie Wesley MSW, LCSW will meet with you to offer the support you need. Also see page 3 for support group. Call 301-258-6380.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare and Medicaid and provide help in filling out forms!

Sponsored by Dept. of Health and Human Services.

Call 301-258-6380 for an appointment.

Stroke Folks

Date: Thursdays

Time: 11 a.m.

Members of the Stroke Folks have all survived strokes. They meet each Thursday to play games, discuss the hot topics of the day and have lunch.

NOTE: Group will meet Mondays at 11 a.m. starting July 2.

Senior Nutrition Program

Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than

2 p.m. the day before the reservation is needed. The full cost of the meal is \$4.50. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

Guests younger than 60 must pay the full cost of the meal!



Internal Light



Monday, June 25

12:30 p.m.

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision.

For information call 301-881-0100 x 6748.

"Book Club" for Individuals with Aphasia

Monday, June 4

2 p.m.

Fee: \$30

Call 240-475-8786 for info.

Join Maggie Wesley

Free Private Counseling

Maggie Wesley, our social worker, is at the Center Mondays through Thursdays. Call 301-258-6380 or speak to her directly if you would like an appointment.

Noticias de Mucho Interes para los Seniors de Habla Hispana

“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”

<u>Evento</u>	<u>Día</u>	<u>Hora</u>
Celebración de cumpleaños	25 de junio	12:45 p.m.
Tomarse la Presión	27 de junio	10:30 a.m.

CLASE DE INGLES PARA PRINCIPIANTES

Día: martes

Gratis! Hora: 11 a.m.

INGLES - NIVEL II

Día: martes

Hora: 12:30 p.m.

Costo: gratis

DISCUSION EN ESPAÑOL SOBRE UN LIBRO LLAMADO: VENCENDO LAS PREOCUPACIONES

Por los Autores: George y Helen Jesze

Día: Jueves

Hora: 12:45 – 1:45 p.m.

Dirigido por: Luz Maria Freytes

PICNIC ANUAL/FINCA SMOKEY GLEN

16407 Riffleford Rd. Germantown, MD

Día: martes 19 de junio

Socios: Centros de Rockville y Damascus

Hora: 10 a.m – 3 p.m.

El buffet se servirá de 11:30 a.m. a 1:30 p.m. Venga y disfrute jugando golfo en miniatura, tirando anillos ó caminando por el parque. En el buffet habrá pollo a la barbecue, costillas y para los vegetarianos pueden ordenar hamburguesas vegetarianas. Por favor regístrese lo más pronto posible. Se proveerá transportación del Centro al parque saliendo a las 10:15 a.m. y regresando a las 12:45 p.m. También proveeremos mapas y direcciones para los que deseen manejar su propio vehículo.

FESTIVAL FOLKLORICO/ SMITHSONIAN, NATIONAL MALL

Washington, DC

Día: viernes 29 de junio

Salida: 11:30 **Retorno:** 5 p.m.

Costo: \$6 (solo la transportación)

Fecha de vencimiento: miércoles 27 de junio

En éste viaje se caminará bastante. El ómnibus los dejará cerca del Monumento Smithsonian, luego usted se guiará por sí mismo. A las 4 p.m. los recogerá del mismo lugar. En el festival folklórico puede comer su almuerzo. Deben mantenerse en grupos. En este Festival Folklórico podrán explorar las lindas exhibiciones. También podrán saborear comida de Irlanda, el Rio Mekong y las culturas de raíces de Virginia.

Mínimo: 20 **Máximo:** 33

“DAMA DE MAR”

EN EL TEATRO DE VERANO DE MONTGOMERY COLLEGE

Día: domingo 1 de julio

Salida: 11:45 a.m. **Retorno:** 5 p.m.

Costo: \$36 (éste costo incluye la transportación, show y buffet)

Fecha de vencimiento: viernes 22 de junio

Durante el show, esta dama de mar los atraerá con sus lindos ojos de inocencia, el amor que brota en ella y su música de Hollywood.

Mínimo: 20 **Máximo:** 25

CELEBRACION ESPAÑOLA

Día: jueves 7 de junio

Hora: 12n. – 2 p.m.

Disfrute de un delicioso almuerzo de paella de pollo, ensalada, gazpacho, fruta y flan. Después del almuerzo la asamblea de danza Hispana Ziva bailará danza flamenca. ¡No se lo pierda!

“ENCANTO DE DIOS”/TEATRO DE OLNEY

Almuerzo en la posada de la finca de Brookville

Día: miércoles 18 de julio

Salida: 9:15 a.m. **Retorno:** 3:30 p.m.

Costo: \$40 (Incluye la transportación, show, almuerzo, bebidas y propina)

Fecha de vencimiento: martes 3 de julio

Esta historia musical está basada en el evangelio según san Mateo. Representa una mirada caprichosa de Jesús mientras narra una historia de esperanza, compasión y perdón. El show es a las 10:15 a.m. y después almorzaremos en una elegante posada.

El menú está en la hoja del programa y usted puede escoger lo que desee comer.

Mínimo: 20 **Máximo:** 25

ALMUERZO EN GRUPO/CLYDE'S TOWER OAKS LODGE

Día: jueves 21 de junio

Salida: 11 a.m.

Retorno: 1:45 p.m.

Costo: \$4

(solamente la transportación)

Fecha de vencimiento: lunes 18 de junio

En este restaurante ó casa de campo usted podrá disfrutar de un delicioso y fresco almuerzo. Puede ordenar el menú y pagar en efectivo por su almuerzo ese día.

Mínimo: 15 **Máximo:** 25

EVENTO SOCIAL CON SABOR DE HAWAII PARA CONOCER A NUESTRAS FAMILIAS

Día: miércoles 11 de julio

Hora: 6:30 p.m. – 8:30 p.m.

Costo: Gratis

Venga con su familia a saborear un delicioso helado con todos sus adornos. Vístase con ropa colorida de flores porque estaremos celebrando este evento al estilo Hawaiano. Por favor regístrese en la hoja del programa indicando el número de personas que vendrán con usted.

**Gaithersburg
City Officials**

Mayor
Sidney A. Katz

Council Vice President
Stanley J. Alster

Council Member
Geri Edens

Council Member
Henry F. Marraffa, Jr.

Council Member
John B. Schlichting

Council Member
Michael A. Sesma

City Manager
David B. Humpton



**Gaithersburg Upcounty
Senior Center Staff**

Director
Grace Whipple

Program Supervisor
Denise Mornini

Recreation Assistant
Olympia Huff

Administrative Secretary
Yoland Bastian

Receptionist
Gloria Sichelman

Custodian
Andres Castillo

Newsletter Layout/Design
Karen Simms

Bus Driver
Sherri Schwartz

**Gaithersburg Upcounty Senior Center
80A Bureau Drive
Gaithersburg, MD 20878-1431**

JUNE 2007

(For Office Use Only)

Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. ***Place a check mark in the box by the activities you want to attend.***

Name _____ Telephone _____

Street _____ City/St./Zip _____

Registration begins June 5, 2007 at 11 a.m.

ACTIVITY #	EVENT	DATES	FEE
22673	Intermediate Pottery	June 13 – Aug. 8	\$8
22652	Book Club	June 4	\$30
22650	Beginning Ballroom Dance	6/12 – 7/10, 24, 31	\$20
22651	Intermediate Ballroom Dance	6/12 – 7/10, 24, 31	\$20
22648	Ballet for Seniors	July 11 – Aug. 1	\$20
22636	“Learn for Life” (A weight Management Seminar)	June 26	N/A
22668	Learn to Play Mah Jongg	June 1 – 29	N/A
22649	Yoga Adapted for Seniors	June 26 – Aug. 7	\$28
21948	Weight Training	April 4 – June 27	\$12
21949	Stability Ball	April 5 – June 21	\$12
22609	Trip to Historic Chesapeake Bay Seaport: St Michaels	June 11	\$36
22254	Trip to Sewall-Belmont House and Museum	June 13	\$12
22633	Trip to Mount Airy for Quilters and Stitchers	June 15	\$4
22256	Senior Wild West Picnic at Smokey Glen Farm	June 19	\$14
	<input type="checkbox"/> Regular <input type="checkbox"/> Vegetarian		
22634	Lunch Bunch to Clyde’s Tower Oaks LodgeTransport	June 21	\$4
	<input type="checkbox"/> Yes <input type="checkbox"/> No	June 21	\$4
22098	“Little Shop of Horrors” at Toby’s	June 27	\$42
22625	Trip to the National Mall: Smithsonian Museums	June 29	\$6
22624	“Dames at Sea” at Montgomery College	July 1	\$36
22635	Meet our Families Hawaiian Ice Cream Social	July 11	N/A
	_____ Number of guests		
22631	Ride the Baltimore Ducks/Visit Walters Art Museum	July 13	\$29
22632	“Godspell” @Olney Theatre/Lunch-Brookville Farms	July 18	\$40
	<input type="checkbox"/> Rosemary Garlic Chicken Breast sandwich <input type="checkbox"/> Pasta with sautéed Tenderloin Tips		

Registrations will not be processed until the registration date.

Amount Paid \$ _____ Cash ☐ Check# _____
 Visa/MC# _____ Exp. Date ____/____
 Signature/Name on card _____



Gaithersburg

A CHARACTER COUNTS! CITY

Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐ **Check if you need special accommodations.**

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed: _____

Signature

Date

Do we have your updated Emergency Contact Information?

Name : _____ **Phone:** _____